



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

NOVEMBER/DECEMBER 2020

Stuffed French Toast Wraps Raspberry Vanilla Salad Barbecue Chicken Sheet Pan Meal Pizza Pasta Ribs

Stuffed French Toast Wraps

- 1 large egg
- ¼ cup fat-free skim milk
- 1 teaspoon cinnamon
- 3 whole-wheat tortillas
- ¾ cup nonfat vanilla yogurt
- 1 cup cut-up fresh or canned fruit



1. Wash hands with soap and water.
2. Combine egg, milk and cinnamon in a shallow dish. Dip tortilla into egg mixture coating each side. Allow to soak for 1 minute.
3. Cook tortilla in a skillet over medium heat for 2 minutes on each side or until browned.
4. Place ¼ cup yogurt and 1/3 cup fruit in the middle of tortilla and then roll.
5. Garnish with more yogurt and fruit before serving.

Recipe Source: <https://www.ag.ndsu.edu/extension/food>

Nutrition Note: This recipe makes 3 servings. Each serving has 230 calories, 5 grams of fat, 11 grams of protein, 36 grams of carbohydrates and 105 milligrams of sodium.



Great Mealtimes Conversations Start Here

Reconnect with those you love at mealtime.
Ask your children questions such as "Can you spell
your name?" Then have them spell it for you.

Source: Mealtime Blessings, Chickasaw Nation WIC

Raspberry Vanilla Salad

- 1 box (5.1 ounces) instant vanilla pudding
- 1 container (32 ounces) nonfat or low-fat vanilla yogurt
- 1 container (8 ounces) light whipped topping, thawed
- 2 packages (12 ounces each) frozen raspberries



1. Wash hands with soap and water.
2. In a large bowl, combine pudding mix and yogurt, stirring until well mixed.
3. Fold whipped topping into mixture.
4. Fold in raspberries.

Nutrition Note: This recipe makes 12 servings. Each serving (using nonfat vanilla yogurt) has 180 calories, 2.5 grams of fat, 3 grams of protein, 37 grams of carbohydrates and 210 milligrams of sodium.

Try This!

Thank someone special
in your life.

Barbecue Chicken Sheet Pan Meal

- 6 boneless skinless chicken thighs
- 1 package chicken seasoned coating mix
- 1 tablespoon olive oil
- 1 teaspoon chili powder (optional)
- ½ pound fresh green beans
- 1 large sweet potato, cut into 12 wedges
- ½ cup barbecue sauce
- ½ cup shredded cheddar cheese



1. Wash hands with soap and water before preparing the recipe and after handling chicken.
2. Heat oven to 400 degrees.
3. Line a 10x15x1 inch pan with foil and coat with nonstick cooking spray.
4. Coat chicken with coating mix as directed on package. Place on ½ of prepared pan.
5. Mix oil and chili powder until blended. Toss beans in ½ of the oil mixture, then toss potatoes with remaining oil mixture.
6. Place beans on prepared pan next to chicken, then place potatoes next to beans.
7. Bake 25 minutes or until chicken reaches an internal temperature of 165 degrees on a food thermometer.
8. Brush chicken with ¼ cup barbecue sauce and sprinkle with cheese.
9. Bake an additional 5 minutes or until cheese is melted.
10. Serve chicken with beans, potatoes and remaining barbecue sauce.

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 8 grams of fat, 18 grams of protein, 20 grams of carbohydrates and 420 milligrams of sodium.

Pizza Pasta

- 1 jar (14 ounces) pizza sauce
- 1 can (14.5 ounces) petite diced tomatoes, undrained
- 2 cups water
- ½ cup chopped pepperoni
- 3 cups dry whole-wheat/whole-grain rotini pasta
- 5 ounces fresh baby spinach, roughly chopped
- 1 cup shredded mozzarella cheese



1. Wash hands with soap and water.
2. In a large skillet with a cover, combine pizza sauce, tomatoes, water and pepperoni over high heat.
3. Bring to a boil, add pasta, reduce heat to medium or medium-high and cover. Cook covered for 8-10 minutes or until pasta is cooked, stirring occasionally.
4. Stir in spinach. It should wilt almost immediately, but if needed, cover for 1-2 minutes.
5. Stir in cheese. Top with extra pepperoni and cheese if desired.

Nutrition Note: This recipe makes 6 servings. Each serving has 310 calories, 11 grams of fat, 14 grams of protein, 41 grams of carbohydrates and 760 milligrams of sodium.

Crock-Pot™ Corner



Ribs

- 3 pounds pork ribs
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 small onion, sliced
- 1-1½ cups barbecue sauce



1. Wash hands with soap and water before preparing the recipe and after handling the ribs.
2. Put ribs on a broiler pan and broil for 10-15 minutes to reduce fat.
3. Cut ribs into serving pieces and sprinkle with salt and pepper.
4. Place in a slow cooker and top with barbeque sauce.
5. Cook on low for 6-8 hours until ribs reach an internal temperature of 145 degrees on a food thermometer.

Nutrition Note: This recipe makes 8 servings. Each serving has 480 calories, 24 grams of fat, 48 grams of protein, 15 grams of carbohydrates and 520 milligrams of sodium.

Why breastfeed?

"I love the bonding with my baby. It is something that is special and unique to us and only us."

~ Kyeree, WIC Breastfeeding Mom from the Minot Air Force Base



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. Phone: 800-472-2286 Website: www.health.nd.gov/wic

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Health

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The best thing
you can spend
on your kids
is time.



MEALTIME
BLESSINGS

Nourish mind, body and spirit